



**Putting skills to good use**  
Students use their thinking to help charity groups.  
Pages 6 & 7

# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Twisting away**  
Health and Wellness Week pro people jump.  
Page 2

MONDAY, MARCH 30, 2015

CONESTOGA COLLEGE, WATERLOO, ONT.

WWW.CONESTOGA.CA/SPSPOKE

4370 BLVD • 505 320



PHOTO BY MICHAEL MANNING

Construction begins on the new F-wing at the East campus on March 30. It will be located on the new parking lot just outside the doors of the living, Learning Village, a general-use community based in Waterloo, in doing the northwest.

## Construction begins on new F-wing

By MICHAEL MANNING

Leaders will now have no wings.

On March 8 students were greeted with a blue house sitting off a corner of the blue parking lot beside one of the living, Learning Village.

Construction began on the new, anticipated F-wing on March 30.

There wasn't anything that makes it stand out from the other wings according to Tim Sobel, manager of plant operations and construction.

The new wing will house a combination of health-related and pre-health-related programs. The expansion will help students who wish to attend partner sites such as Wilfrid Laurier University, because there will be more opportunities for more students to attend.

The partnership with Wilfrid Laurier University adds more pre-health-related programs. The possibility of new programs include post-graduate programs for nurses who want to work in general hospital areas such as long-term care, mental health or pharmacy. It may also include a public health degree.

Administration also intend

to have the law and security administration and police foundation students get involved in security-related learning programs. The new wing will also help assist current students to learn their interview skills in a new interview/individual assessment room and the doors in the new community and cultural program centre to attending before leaving someone in a new interview centre.

Students will enjoy a central area on each of the three floors where they can interact with each other and faculty. To go along with that the addition will also have professional practice labs for health care students, an expanded aquatics centre and their life science labs spread out amongst the three floors.

The wing is being built to meet the demand for work force needs in the health and life sciences programs. According to Michael Mann, executive dean of health and life sciences, we don't always have room to accommodate the needs we have. This way we would like it.

The desire to develop new

types of learning environments and improve communication with the community also played a key role in the decision to build a new wing. The building should be able to accommodate student spaces over the next five to 10 years. Faculty will be added as needed.

The building will meet Conestoga's work. Construction for building requirements.

Other construction plans include the building of an emergency medical services centre, in partnership with Waterloo Region between the ATIS building and parking lot 10.

Construction is expected to begin sometime this August or September. No specific date has been set.

The new Administration will be providing the official design for the F-wing on March 30 at 2 p.m.

Eastman Village, which is currently on site, is only doing the northwork for the F-wing project. The company does projects such as pull-apart construction and accelerated park construction.

A general contractor is expected to be named by March 30.

## Residence has new drug policy

By KAREN MANNING

Due to recent incidents that have arisen, Conestoga has decided to have a new drug policy that will take effect March 15. Any student who is known to be involved in the use of illegal substances on residence property will be considered for eviction.

Mike Cowling, living, dean manager, said an email to every student on residence to inform them about the new drug policy. It states the policy is being put into effect so that residence can carry on helping students make better choices and help them to avoid the consequences of their actions and professional consequences.

"The main intention is that it is an illegal substance problem that is currently happening a lot more often. A lot of people seem to have a different thought pattern on marijuana being illegal," said Cowling. "This is about education and that bad stuff will stay with you."

Changes recently will be immediately subject of any activity involving illegal substances or paraphernalia has and depending on the situation.

Multi-Role Regional Police may be called.

"We don't have control over students and what they do, but when illegal substances come onto residence property, we have to take action," said Cowling.

If a student does not obey the rules, he could be evicted without financial consequences. A student could also be prohibited from having access to the residence if he is present when someone else occupies an illegal substance on residence property.

Eviction is a possibility," he said. "Some students have a hard time understanding that it's not a possibility."

Police officers from Waterloo Regional Police Services are now working residence areas frequently to try and stop the increase in illegal substance use on the building. They, along with campus security, drive through the parking lot and check in with front desk staff regularly to see how everything is going.

If a student suspects something that should notify front desk and Cowling. "If you recognize something in your room, it's not something you want to be concerned to."

## IS YOUR IPOD DAMAGING YOUR HEARING?



PHOTO BY MICHAEL MANNING

During Health and Wellness Week, students must learn how their phone is affecting their hearing. Anna, Kaitlin, and Jason, a first-year hearing awareness specialist, discuss the results of a hearing test to a student.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students  
If you could only watch one movie  
for the rest of your life,  
what would it be?



"Now I thought the acting was really good."

**Christine Arlino,**  
first-year  
communications  
major

"X-Men: First Class. I thought the plot was very interesting and I liked the actors."

**Naveed Bhatti,**  
second-year  
political science



"Avatar. The graphics were really good and the plot was amazing."

**Maharika Subasinghe,**  
first-year  
management



"I would watch Doctor Strange. It has good acting, a good cast and it was thought out extremely."

**James Clark,**  
second-year  
accounting



"The Hobbit. It was a good fantasy."

**Kathleen Black,**  
first-year  
communications  
journalist



"Top Gun. I love anything with Tom Cruise."

**Andrew Papp,**  
second-year  
political science



With Conestoga, you could be the next respondent.

## Healthy living has its rewards

Don Franklin  
named winner of  
Healthy Living  
Challenge

BY MICHAEL MANTON

Conestoga's Healthy Living Challenge drew to a close on March 16 with woodworking faculty member Don Franklin being announced as the competition winner.

The Healthy Living Challenge was aimed at getting both staff, faculty and students at Conestoga to live healthier — on a day to day basis by adopting small, positive lifestyle choices.

Participants were challenged to participate in several different healthy acts spread over the course of their works, from Jan. 15 to Feb. 20.

The names of the winners were announced at the Student Life Centre during Health and Wellness Week. Franklin was the only participant in the challenge to complete all of the acts every week of the month long competition.

The acts, grouped into four environmental, emotional, stress and physical activity weeks, included using the hydrostatic motion located in the Gym, attending a relaxation course, going on a campus walk and attending a healthy eating course.

For his efforts, he received a three month staff membership to the rec centre, donated by Paul DeGroot, and a year-long and Conestoga membership donated by the Alumni Association.

Assistant Laird, Melissa Lechman, Executive Coach, Amanda Galsknap and Cindy Vinciguerra were also recognized for their efforts in the challenge.

Some of their efforts included book fairs and water bottles donated by the Aquistore, city partnerships donated by Chubbville and one month gym memberships donated by the YMCA.



Don Franklin, a woodworking faculty member, received a two year membership to the rec centre of the Healthy Living Challenge.

## UNIVERSITY OF GUELPH HUMBER

You have your diploma, now get your degree!

Complement your diploma with a degree from the University of Guelph Humber in Toronto. Check us out and learn about the opportunity to earn advanced standing for related programs.



Apply by May 1, 2010  
to be considered for September start!

416.798.1331 • [guelphhumber.ca](http://guelphhumber.ca)

## LAST DITCH EFFORT



# Houseplants clean the air

By MICHELLE DOMMER

Houseplants have a reputation of being dull and limited with boring brown stems and floral affairs. But in truth, they're much more than a decorative item.

Not only have they been known to create a more relaxing and relaxing atmosphere, it's also been proven that they are beneficial to our health.

"In the late 1980s, NASA actually conducted a study that showed some tropical plants commonly used as houseplants can actually remove harmful chemicals from the air we breathe. This is really important because it helps prevent sick building syndrome," said Jan Murray, the web editorial assistant at *Canadian Gardening*.

Murray explains how houseplants clean the air through two simple processes.

"If there are no adequate air filters in buildings, plants can create air like dust, and other tiny things can become trapped in the air and this can actually make us sick. Plants help remove toxins from the air, so with an exchange carbon dioxide for oxygen through photosynthesis, she said.

Murray encourages students to invest in houseplants for their wellbeing. "Another reason students would benefit from houseplants is their dorm is a stress-filled place

which suggests that houseplants actually need to be around plants and other living organisms in order to survive and thrive. Studies have also shown that workers live up to 17 per cent more productive when they have plants at their office and workers with plants are happy that their delay-free or workers," she said.

Students can boost their attitude and perhaps even grade by stopping by a local garden centre or grocery store for a few indoor houseplants.

But Murray warns students doing more research prior to purchasing the plants for students with pets, as some of them can be poisonous if ingested by a dog or cat.

Many of the plants that have been proven to clean the air are not only affordable, but easy to care for. Some of these plants include English ivy, spider plants, dracaena and golden pothos, which are all easy to find at a local garden centre.

"For students, I would probably recommend any things like philodendrons, dracaena and spider plants... although I would say any plant would provide the benefit of a natural boost and better oxygen levels in the room," said Murray.

For students who have purchased or are planning to purchase houseplants, visit *canadiangardening.com* and simply search "houseplants."

## IT WAS A SUPER SWEET SUNDAY AT RESIDENCE



Photo by SARAH MCGOWAN

Positioned outside and student, Sam Brown, and front desk customer service representative, Sarah Cunningham, worked hard to help the students at *Canadian Gardening* on Sunday, March 21. Cunningham used to work at *Marble State Nursery* for two years, and she made the two flowers — *terracotta* color and Swiss chard — which sold for \$1.10 each.



### COUNSELLOR'S CORNER: Stress and Stress Management Part 1: What is Stress?

Stress has become part of our everyday vocabulary. Why write a column on stress when everyone deals with it daily? Since stress is misunderstood and mismanaged, let's start with understanding.

Stress denotes the changes that we undergo as we experience and adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress creates anticipation and excitement and can compel us to action (remember that clutch single that won the T-ball game for your team?). As a negative influence, stress can result in discontent, anger and rejection, with health problems such as headaches, upset stomach and insomnia.

Although almost everyone responds to some situations with a high level of stress (death of a loved one, birth of a child, beginning or ending a relationship), individuals respond differently to most situations. These become stressors for an individual only if they are construed as threatening or dangerous. Most of us cringe at the thought of having to parachute from an airplane, some find it a challenge. Most of us avoid contact with snakes. Others keep them as pets. Most of us experience anxiety at the thought of presenting in front of a class, and while some will do anything to avoid it, a few get totally turned on.

The goal is not to eliminate stress but to learn how to manage it and even use it to help us. For more information or help with Stress Management, talk with a counsellor in Counselling Services.

*A Message from Counselling Services, MARC*



Photo by MICHELLE DOMMER

Colors is one of the best houseplants because of its colorful foliage, small flowers and easy to grow. They come in a variety of shapes, sizes and colors and the many other houseplants offer a wide range of the air in your home.





# Conestoga College students put their



PHOTO BY LARA BUCHNER

## By LARA BUCHNER

That is the third year in a row that students in Conestoga College's construction technology program and various on-the-job training programs (WET) have used their skills to help out for-profit organizations with minor roof jobs.

To get the word out about the volunteer labour group Lockton, a Conestoga College carpentry professor who co-ordinated the initiative contacted the Webster Action Centre and the Kitchener and Cambridge United Ways who in turn made non-profit agencies aware of the opportunity to have volunteers done. The college then provided them with an application.

A selection committee which consisted of people who have businesses within the community, narrowed the choices and then a vote was taken. "We bring the committee directors in to do a presentation about what these charity does for the community and then based on that they like students decided which one they would like to work at," said Lockton.

"That is an opportunity for them to take their newly acquired skills and go out into the community and they become volunteers at the agency. We do the necessary work of paying our insurance fees but all in all it is up to us (project), it is above and beyond and Lockton.

This year they chose three

projects as well as one at the college.

"They came students spent a total of two weeks at the site. We can finish within two weeks," said Lockton.

One of the sites chosen was the Webster Regional Dream Centre. The mission is to bring the hope of the gospel to the homeless, youth, adults in conflict, families in poverty and those struggling with addiction and/or mental health issues," said Lockton. "They work with people off the street. They also support the God of the Cold program, providing meals and food like the food bank does."

At the Dream Centre the students worked on repairing the beams in the sanctuary and painting and improving the stage. "The Dream Centre, because of the size of it is ongoing and we can only give them two weeks' worth of labour. They will just carry on with volunteers from the community," said Lockton.

Home Foundation donated the money for the Dream Centre to purchase the materials. Swanson's Home Hardware Building Centre provided the material at cost and the site also provided the labour.

It is good to put all the theory into practice and get more hands on time working in a construction site that is really busy," said Verla Linton, a student in the eight-month WET program.



PHOTO BY LARA BUCHNER

Above: Matt Swanson, a construction technician student at St. John's Evangelical, during his last day working there. Right: Jason Mitchell, a second-year construction technician student, stands a floor at the Cambridge United Ways. Conestoga students spent a total of two weeks at the site, strengthening the beams and walls.

Evangelical technician students worked to help strengthen the beams in the sanctuary of the Webster Regional Dream Centre during their last day, March 12, at the site.



# renovation skills to charitable use

She said she preferred her safety skills, working up high, working on scaffolding and working in a team.

"It is a fantastic work. I have always lived in some way in green link. That is for a good reason. It is going to be a chance for the center. Over the years, I have seen people come in and sleep here. It is important that it is safe. The organization is so much more than just housing the homeless. They help every one around."

The second site was St. John Ambulance. "There was an idea to build a new house to improve their health, safety and quality of life through training and community service. So we are working there," said Lockton.

At St. John Ambulance, the students worked on roof and gutters and roof rafters on the front and side of the building. St. John's Home Hardware Building Center donated the materials for the renovation. Jessica Coleman, a WSET student, said, "This was one of those that we could help

and people."

The third job site was the Cambridge Shelter, on the downtown Old Station of Cambridge.

"The Cambridge Shelter is for individuals and families who are homeless. They operate a drop-in center to provide individual and group advice, counseling and food. There is a small house that they have recently purchased and we put in two rooms for them with wood panel doors and wood panel walls and we removed some walls to make a large open area where they meet for their AA meetings. They can have 15 to 20 people sitting in a room."

For the Cambridge Shelter, St. John's Home Hardware donated the material. St. John's Home Hardware provided the site drawings for the job. WJ Coleman said the electrical work and the students provided the labor.

Melvin Kays, one of two women on the renovation technician program, worked on the Cambridge Shelter project. "When they come in

to help people, let us help them. I thought this would be good for them to get a group of people to help."

The fourth project was the St. John's Home Hardware Building Center. The students worked on the roof and gutters and roof rafters on the front and side of the building. St. John's Home Hardware provided the materials for the renovation. Jessica Coleman, a WSET student, said, "This was one of those that we could help

and people."

"I think everyone benefits," said Lockton. "The not for profit agencies benefit from our students providing something they may not be able to do or would take a lot of money. The students benefit because they are actually able to gain a job site and be able to show their skills that they have learned over the last couple of years. The college benefits because our programs are getting out there — the word is getting out to the community in terms that this is what our students can do."



Top: A student working on the roof structure of a building.



Bottom: A student working on the roof structure of a building.

Above left and right, Natalie Hughes and Ashley Carter work hard at the St. John Ambulance site. Hughes is a student in the eight-month WSET program, and Carter is one of only two females in the renovation technician program. Left, Melvin Kays, the other woman in the renovation technician program, measures for brackets at the Cambridge Shelter during her last day at the site.





## The Nerdy Gamer Reviews: No More Heroes 2: Desperate Struggle

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

Two years ago, a game came out that quickly shot to the top of my favorite games list: *No Man's Heaven*. Just the basic, barren, stark of the arena, stone-brick Tenno. Touchdown against the top 11-ranked *Warcraft*. The battle went completely over-the-top, the winning was easy and clean, and it was clear that having fun while playing was the number 1 goal. This game made me an expert on the East. I even dressed up as Tenno for Anime Month, October is here!

Fast forward two years, and No. 140's director, Dr. Stephen Strangely, has reconsidered his love of the technique. "Worried about stress, not getting enough sleep, I even went so far as to prescribe them my much-hated Zanax," Dr. Strangely says. But all of better things that came out before, hand I lapped up like a thirsty dog. The biggest surprise? That Traven wasn't back, but that same weekend that at the United Nations' Assembly, I began hyper-ventilating at the thought of St. Nicholas-like awesome love as to make it last.

That is probably my only  
 urge with *Desperate*  
*Struggle*. While you are  
 making flat, there are only 10  
 more fights. While still more  
 than the first game, it was  
 still a little disappointing.  
 Granted, there is one less  
 bottle against the 10th  
 ranked woman who turns  
 into a giant monk (think  
*Power Rangers* or *Voldemort*)  
 with the help of his 24 thoo-  
 bies. There goes 32 ratings  
 right there. The other  
 eight jump in rank almost  
 seems like a random jolt  
 from the first game in *Ms*  
*More Heroes*. Long Shaka was  
 a boss fight which ended up  
 not being a one-on-one.

Tom Truitt had left talk about the good, and there is a list of good characters: an amiable character is an amiable, a high school girl who Travis spanned in the first game, as well as Travis's twin brother Henry, who Travis finds frozen in carbonite (in, seriously). Both these characters bring their own unique sense of perspective, and add new changes of pace. Other returning characters from the first game include Deshaun, Sybil, Christal and the aforementioned Leto. There

**The money won't change you, it'll**

Real game has been around long enough to put a status system and Troop no longer needs to pay an entry fee to fight other troops in a real war zone.

The stars came from the first game too, but this time in classic 4-bit gaming glory. This time around, Tereza has again to face different bunnies, but this time to decapitate last time. The Blood Berry and Camellia M&M III known as the Toxic M&M III from the first game make a return as well as the Pimp and Bone Nuts.

The Foxy acts as a joint version of Darth Vader and lightning-bolting giant, but slow wings, while the Blue Mantis allows Traven to disintegrate and die extremely quickly.

All things considered, if you own a PlayStation 3, and want to get a laugh while playing a very well-made game, then *No More Heroes*, *Disappearance Syndrome* or *For You Days* is best up to the last game I listed to any that there upon, most notably don't miss *Disappearance Syndrome*. I will have this game for the story it provides, as well as the memorable boss fights, and it has made my list of top 10 games being a lot of fun.

Many students go to Cambridge's public markets to hang out with friends, and come to large drinks to such a level that the room has become to use the parlance of some towns. "It's a bit of a mess," says one student.

I think this is kind of a shame and partly responsible for us being almost broke.

I wish our campus job seekers were like those on university campuses such as the ones at Wilfrid Laurier University or the University of Waterloo.

Like most Conestoga students, I don't like walking distance of Conestoga.

These loans are open most days and serve during lunchtime hours.

Our campus pubs, really, is not as accessible. Housers are limited and even in our always-on nights, with the exception of St. Patrick's Day, and are general mar-

Let's stand Cummings side-by-side. I don't love walking, walking distance of Tennessee.



How likely is your next company to be successful?  
 100% 90% 80% 70% 60% 50% 40% 30% 20% 10% 0%

So when I stopped a heart attack during the power pole on St. Patrick's Day, I remained sober as I could drive home a couple of hours later.

That brings me to the second thing: it is the only way to not lose your money. Please consider.

Students have so much money enough to drive home in their cars, campus has so many

It is the loss of a lot of students working with potentially dangerous equipment, such as hand saws and syringes. These kinds of things could be used if the project ran.

the University of Wisconsin Inc., which holds the copyrights and the college would be taking a lot of a gamble if more frequent elections go to vote.

Students would help, either in the future themselves if they would devote responsibility as

**IMAGE!**  
IMAGE TINTING AND REPAIRS CAN SAVE HUNDREDS! ACCEPTANCE! IMAGE! TINT!

**STUDENT DISCOUNT**

**\$70.00 OFF**

2 CONVENIENT LOCATIONS TO SERVE YOU!  
800 Hwy 81, Box 14, KANSAS CITY, MO 64114 (816) 441-1111  
2000 Highway 50, Box P 11, ATCHAFALAYA, LA 70413 (504) 441-1111

**519.496.TINT**  
(504) 441-1111

# The minimum wage is going up.

**If you're an employer, here's what you need to know**

	General Minimum Wage	Students under 18 and working not more than 10 hours per week at during a school holiday	Liquor Licence	Meeting & Refreshing Outside the Bar, Beer Two consecutive hours trading	Meeting & Refreshing Outside the Bar, Beer more than two consecutive hours trading	Students under 18 and working not more than 10 hours per week at during a school holiday
Current wage rate	\$11.00/hour	\$9.00/hour	\$9.00/hour	\$4.75/hr	\$55.00	1.57% of the minimum wage
New 1st, 2nd, 3rd wage rate	\$11.50/hour	\$9.50/hour	\$9.50/hour	\$4.13/hr	\$50.00	1.69% of the minimum wage

On March 31, 2011, the record index on which will increase to 54% BC gas have from the current rate of 50.5% per hour

To find out more about how the new minimum wage guidelines affect employers and employees, call or visit the Ministry of Labour web site.

**Abstract** The purpose of this study was to determine whether there were differences in the prevalence of self-reported depression between men and women who had been exposed to violence during childhood and adulthood. Data from the National Longitudinal Study of Adolescent Health (*N = 9,800*) were used to examine the association between exposure to violence and self-reported depression among adolescents aged 15–17 years. Results showed that exposure to violence during childhood and adulthood was associated with higher rates of self-reported depression. Furthermore, the association between exposure to violence and self-reported depression was stronger for females than males.



## HOROSCOPE

Week of March 22, 2011



**Aries**  
March 21 -  
April 19

This week you will watch The Good, the Bad and the Ugly, and as such become a great fan of Blaise to the point of Spaghetti Western.



**Libra**  
September 23 -  
October 23

A very large house that will stand your attention. I have no idea why it will cost me the shirt.



**Taurus**  
April 20 - May 20

On Thursday someone with whom you live will decide to purchase an older style telephone that was altered both to ring. This will annoy you terribly.



**Scorpio**  
October 23 -  
November 21

At some point this week a small blood toy will threaten somebody at you. He will then blame this act on a stuffed toy, almost after a telephone.



**Gemini**  
May 21 - June 21

You will do some painting. Remember that many kinds of paint exist. Wear something creamy so you do not melt when you roll paint.



**Sagittarius**  
November 22 -  
December 21

You will wonder why your sister (bro) is perpetually green. It seems your room mates had too much green food coloring this week.



**Cancer**  
June 22 - July 22

At some point this week you will get into a discussion with someone who thinks a diet of only local foods is a good idea. They are wrong.



**Capricorn**  
December 22 -  
January 19

At some point during this week you will sleep in an awkward position and as such experience neck pain for the entire next day.



**Leo**  
July 23 - August 22

On Friday a fast-moving drunk will attack you. It would be wise to purchase some tomato juice and alcohol shampoo as defense.



**Aquarius**  
January 20 -  
February 18

On Tuesday someone trying to replicate John Glenn's early walk from Mount Pythons Flying Circus will look you in the face.



**Virgo**  
August 23 -  
September 22

During the weekend a two branch will poke up your nose and cause an allergic reaction. Try not get some non-dairy non-bananas.



**Pisces**  
February 19 -  
March 20

This week you will thoroughly enjoy Valleys of Neptune. This is a new CD from Jeremy Henderson. Please realize that he is still dead.



Nick Davis is a second year journalism student who makes them up for your amusement.

# Job fair Wednesday

## By MICHELLE FRANK

Come out to the Conestoga campus job fair this Wednesday on the city centre. The free fair is from 10 a.m. to 1 p.m. and will list two more than 40 employers looking to fill full-time and summer positions.

Networking and events coordinator for co-op opportunities and career services, Cheryl Black said that Conestoga offers resume workshops and rapid resume service for students who want to prepare for the fair.

Students can drop in to the

rapid resume service in the Career Centre today or tomorrow to ensure their resume is professional looking before they head out at the fair.

"We provide quick critiquing of a student's resume before hand," Black said. "Today there will also be tables set up at the Student Life Center where students can ask about the fair will be provided."

There will be booths available that show all of the employers making an appearance at the fair and explanations of what they are looking

for in terms of job descriptions and qualifications for the position.

Black suggests that students and graduates attending the fair should dress professionally and bring a job sheet resume. It is also good to do homework on companies that might be of interest.

Black has received positive feedback about the Career fair from employers and students.

"Employers tell us it is a good resource for them and they like our students," Black said.

## HAVING FUN AND GETTING FIT AT THE SAME TIME



Photo by David Thompson

Venessa Mamoon, David Wood and Caleb McDonnell competed in a game of extreme Twister the week of March 8 which got their hearts pumping early during Health and Wellness Week.

## Student Life

inspire • inform • evolve

[www.conestogac.on.ca/studentlife](http://www.conestogac.on.ca/studentlife)

## Student Life Blog

Check it out online

Hear about what's happening on campus from

Conestoga's student life



# Condors fly through regionals

## By GARY KOWAL

Comstock's indoor soccer teams will play their first tournament on March 20 and 21. It will be for the OCAA championship.

Both the men's and women's Condor teams qualified for the championship tournament through their performances and results at the West Regionals on March 10.

The men's team finished first with a record of 3-0-1 while the women's team placed second, finishing with a record of 2-1-4.

The regional were held at the Ontario Soccer Centre

in March. The Condors arrived on Friday to set up at the hotel. From the first round game on, the Comstock and Fanshawe (London) were the teams to advance to the championship in both the men's and women's regional side.

The men's undefeated tournament started with a defensive 0-0 draw against a team from up north, the Algoma Thunderbolt. A few hours later they made a statement by beating the Redmen Royals 3-1. After shutting out the Niagara Knights 3-0, the Condors faced the rival Fanshawe

Falcons with both teams competing against the win but ultimately falling, 1-0 each. The game was a draw.

The two teams met in a repeat in the championship and in that rematch, the win will have to come on-scene.

The Lady Condors started on with a usually winning 1-0 win over the Algoma Thunderbolt. They then went on to tie the Redmen Royals 1-1 before beating the Niagara Knights another loss at the hands of a Comstock team with a score of 3-0. They were only defeated in their last game against the Fanshawe Falcons by a score of 2-1.

The Lady Condors are set to clinch the championship if they beat the visiting Algoma in the championship rematch on Sat. March 21. With this being a best-of-three, the possibilities for either team.

"Winning the provincial championship is hard. It takes great quality athletes, team commitment, teamwork and teamwork," Kowal said.

The two teams will travel to Vaughan once again for the OCAA championship. The OCAA Centre features a true outdoor soccer field which is divided into three indoor fields for fast-paced tournament action.

If the Condors could not win a series in the championship tournament, it will be the first time since 1998 in the women's team and since 1999 in the men's.

Kowal didn't make bold predictions, but he does know what it will take to win.

"We have to work hard and be better than the other good teams and players who are working and working. We have to play for each other and we have to run for each other, we have to be a close unit, and when we get those teams working at their best, and a little bit of luck everything else will follow."

## Local artist is living her dream

### Winning a competition helped reinforce her career path

#### By ALAN COOPER

Singer and songwriter, Robyn DeUto, was 15 years old when she decided what she wanted to do with her life.

She entered a battle of the words competition at her high school, against a host of guys who were four to five years older than her, and she won.

"Winning that competition helped me decide that a performance was legit," DeUto said. "I realized that anyone could join the party."

Her latest album, *Here Comes Dream*, is actually a collection of songs that she has been playing for as long as three years performed as a folkie, acoustic

ballad.

"I wanted to show off a lot of new stuff and some versions of older songs," she admitted.

The album features eight songs and was heavily influenced by the first song, called *Be Me*, in only 40 seconds long, but the strong hook had the song words on repeat in your head for days.

"That song was written with other musicians," DeUto said. "One of it is a full length song and it might be my next album. It was inspired by Don McLean's version of DeUto's many influences, which also include Cream, Jimi Hendrix, Led Zeppelin and Jefferson Airplane."

She designed the album cover, which is a cartoon of

her as a skeleton with long hair and a smile, wearing a guitar.

**Winning that competition helped me decide that a performance was legit.**

— Robyn DeUto

That is exactly what she light and live competition is, music stripped down to the bare essentials. Physical melodies and thoughtful lyrics coupled with simple back beats that dance around in your head for days.

York was called Be There, was written about an ex.

Be there when you open your mouth to sing of the what if that someone had.

"I was in love of him at first," DeUto said with a laugh. "He was really good at talking about himself."

After taking part in a song-pitching last year, DeUto was discovered and signed by Orange Lounge.

The record label of her chosen label that development she saw her an ambitious studio to use when recording, rather than relying on people she knows who have the equipment she needs to make her music.

"It's a dream come true," she said.

Her new song available on iTunes, Amazon and

procyon dell'unto



DATE COVER 2009

featured in an episode of CBC's hit drama *Being Erica*. DeUto's future looks busy and bright, with an upcoming album set for release in May. She is currently touring through southwestern Ontario then she'll be in Winnipeg and Kamloops in early April.

## college pro PAINTERS SUMMER JOBS

COLLEGE PRO PAINTERS is presently looking for responsible / hard-working University or College students for:

**Full-Time Painting Positions**  
May - August  
No experience required,  
we will train you to paint

Positions available in your area.  
If interested call 1-888-277-8787  
or apply online at [www.collegepro.com](http://www.collegepro.com)

Student Life

Monday March 29 through Thursday April 1

WED **Woods Off** **Occupation**

THURS **THE RESPECT GAMES!**

Respectful Relationships, Civility Live

MON

TUES

**SMILE DAY**

Be the difference.

**RESPECT WEEK**

Check out how you can be the difference... all week in the Student Life Centre!



## WANTED: ELECTRONIC TECHNICIANS

"My aim is to make sure that our weapon systems stay on track. As an electronic technician, I maintain, test, and repair equipment for all operations. Here, accuracy is always in demand."

Master Corporal **JOCELYN GERVAIS**

## RECHERCHONS: TECHNICIENS EN ÉLECTRONIQUE

« Veiller au fonctionnement optimal de nos systèmes d'armement, voilà ma responsabilité. Comme technicien en électronique, je procède au test, à l'entretien et à la réparation de l'équipement. Dans mon métier, la précision est une nécessité absolue. »

Caporal-chef **JOCELYN GERVAIS**

**FORCES.CA**  
FIGHT WITH THE CANADIAN FORCES



**1-800-854-8488**  
CONTRAÎTEZ AVEC LES FORCES CANADIENNES

Canada